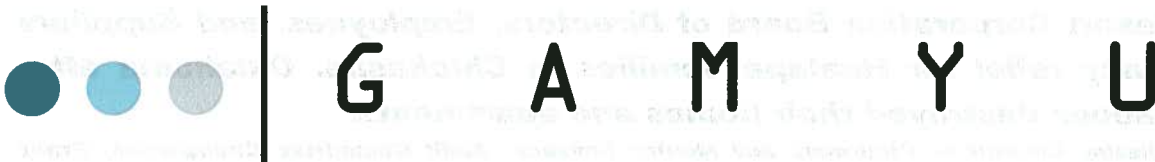


NEWSLETTER OF THE HUALAPAI TRIBE



ISSUE #14

JULY 8, 2011

2011 General Election
July 7, 2011

ABSTRACT SHEET



Ballots Printed	<u>600</u>	
Ballots Cast	<u>506</u>	
Ballots Rejected	<u>1</u>	Spoiled Ballots <u>0</u>
Ballots Unused	<u>93</u>	
Total	<u>600</u>	

Inside this issue:

Community Events & Information	2
Employment	9
Education & Training	9
Health & Safety	10
Community Messages	16

CHAIRPERSON

VOTES

Louise Benson	<u>280</u>
Candida Hunter	<u>226</u>

Hualapai Election Board Committee:

Angeline Walema
Angeline Walema, Judge

Hilda Cooney
Hilda Cooney, Clerk

Steven Havatone
Steven Havatone, Marshall

Clara Mahone
Clara Mahone, Clerk

Brenda Martin
Brenda Martin, Clerk

Leatrice Smith
Leatrice Smith, Alternate

The next deadline for
Gamyu articles
(Issue #14) will be
on **FRIDAY, JULY**
1st, 2011 by 5:00
P.M.

Grand Canyon Resort Corporation Board of Directors, Employees, and Suppliers provided emergency relief for Hualapai families in Chickasha, Oklahoma after devastating tornadoes destroyed their homes and apartments.

By: Henry Melton, Marketing Committee Chairman, and Monica Fonseca, Audit Committee Chairperson, Grand Canyon Resort Corporation, June 30, 2011.



The remains of a smashed home in Chickasha, OK after tornadoes tore through the area leaving people homeless. Photo by: Henry Melton, Marketing Committee Chairman, GCRC Board of Directors (June 2011)



An Apartment complex in Chickasha, OK, where Hualapai families lived before tornadoes tore through the area destroying the roof, walls, cars, and leaving people without food, water and power. Photo by: Henry Melton, Marketing Committee Chairman, GCRC Board Directors (June 2011)

The recent string of tornadoes that raced across Chickasha, Oklahoma into Joplin, Missouri had a devastating effect on several Hualapai families. Most of these families lost everything and now they desperately need our help to rebuild. We need your help to provide temporary assistance to them. Carmen Klinekole, a Hualapai Tribal member, has been providing food, water, and housing to all the families since the devastating tornadoes touched down and wreaked havoc of epic, and some say biblical proportion on them. Image 6 adults and 12 children living in a 3 bedroom house. In Carmen's desperation, she contacted Michael Whatoname, a Hualapai Tribal member and GCRC Employee, who recognized the severity of the crisis and they both reached out to a GCRC Board member, Monica Fonseca, Audit Committee Chairperson. Monica coordinated a series of phone calls and contacted fellow GCRC Board member Henry Melton. Together they drafted and initiated an immediate emergency action plan to get relief to those children and their parents within 24 hours. Since the families couldn't get help from the local emergency agencies, Henry Melton contacted corporate friends at Wal-Mart, Targets, Reebok, Ross, And-1, Enterprise Rent-A-Car, Marriott, and Big 5 to step up and help. They all came through. Henry Melton flew the emergency relief to Oklahoma, where he met with each individual family and assured them that many people in Peach Spring were trying to help them. When Robert Bravo, CEO for GCRC, learned of this crisis, he notified his executive team and staff. They rallied the GCRC Community and came through with emergency food and support for all 6 families. Monica Fonseca requested the entire Board of Directors donate \$300.00 each to provide bottle water and gas money for the families to search for desperately needed housing. When Allison Raskansky, GCRC Advertising & Marketing Director, heard of the crisis, she matched the donation and began to help raise more funds to help these families. While we have initiated the relief efforts, we need to continue to help these families get back on their feet. We are asking everyone to keep these families in their prayers, and for those who can, to donate \$5-\$10 to help these families in their time of need. Donations can be dropped off to Nancy Echeverria, General Manager Hualapai Lodge or Christine Guffey, Executive Assistant, Grand Canyon Resort Corp. Carmen, the parents, and the children would like to thank everyone for their prayers and continued support. Do it for the kids!

The Trail To Nowhere

As a Gang Investigator and Street Crimes Detective I had many opportunities to interact with people of many different cultures who had chosen to live the "Gangster life style" and I have only seen two branches from that path for any of them, one leads to a life in and out of jail and prison the other to severe injury or death, both paths end up in the same place; sorrow and disappointment for the families of those involved. I have two stories to share

The First

On a hot stretch of asphalt on a warm summer night in the west valley I held C-Spine on a 15 year old boy my partner Eric and I had been working with to get him out of the Cashion Park Locos. After speaking to him at length on several occasions both in consensual street contacts and arrests he had made it known that he wanted out of CPL and we had been in the process of organizing tattoo removal and had contacted some of the shot callers in CPL regarding him wanting out of the life style. That night his cousin another member of CPL had stolen a motor cycle from the West Valley Gate way area and they were taking it for a joy ride along Lower Bucky Road around 91st Avenue. They had side swiped an oncoming car, the cousin lost his left leg and when the paramedics tried to move the young man I was holding C-spine on he died instantly, he had suffered severe trauma to the back of his skull when he hit the asphalt. The life style that young man and his cousin had chosen had led to the loss of his life and his cousin's permanent disability. The majority of the people I dealt with in the gang world had developed serious addictions to drugs and alcohol, most did not work and spent their days looking for an opportunity to get drunk or high. They were a burden to their families who never the less allowed them to carry on that life style in their homes. Eventually they or the people they associated with or declared animosity towards brought violence to the homes of the family members these people were living off of and taking advantage of. Beatings, stabbings, drive by shootings, sexual assaults and murder.

The Second

G.B. sits in ASPC Eyman, he will be there for the rest of his life. G.B. was investigated by the Homicide Team, a group of detectives from different specialties, including the Gang Unit and Street Crimes, which would work together when a homicide occurred. G.B. is a documented member and self proclaimed hit-man for the Aryan Brotherhood. He was protected and surrounded by gun carrying died in the wool gangsters with felony records. Gangsters who unfortunately were picked of during various states of the investigation and sent back to prison on various charges including felon in possession. The murder G.B. committed was of a young woman over something disrespectful that she had said and G.B. believed he knew how to get away with killing her. HE ran and he tried to hide but after several gan members were turned over to the ATF and every associate he had was followed up on the Head of the Arizona Aryan Brotherhood gave permission for someone to cooperate to put an end to it and an arrest was made. The A.A.B. sent threats and things like that of course but in the end G.B. lived the gangster life style to the fullest and will remain in the custody of the department of corrections for the remainder of his life. G.B. was lucky enough to get a plea bargain that took the death sentence off the table for his case.


It is a life style that leads to nowhere, sitting and sipping 40.oz beers and getting high all day, roaming from house to house until your wear out your welcome and providing nothing for the betterment of your community. Almost all of the people involved in this life style of claiming colors and fighting over invisible meaningless boundaries believe that they run the streets, that they have power and that everyone fears them. Admittedly some people do fear them, because they habitually terrorized and took advantage of those weaker then themselves displaying their basic bully mentality.

While working the other day I watched some kids playing. They were practicing different punches and kicks and holds, their parents were nearby and I didn't think very much of it at first. Eventually though I watched them practice wrenching a person to the ground and simulating kicking them while they were down and jumping on their head. While you have the right to defend yourself there is a fine line between self defense and assault and you cross it when you conduct yourself in this manner. I never understood how "jumping" a lone person with three or four of your buddies made you feel tough. How ending a straight up one on one fight with a kick to the head or face of the person who loses makes you feel tough or impresses any one.

The majority of us are not impressed by a style of dress a capacity for violence or disrespect for everything including yourself. We do not have to tolerate it either; you do not have to support your son or daughter conducting themselves in this manner. You do not have to tolerate your boyfriend, girlfriend or spouse conducting themselves in this manner. The community does not have to tolerate the disrespect. Abandoning the life style and accepting responsibility for yourself is the only way to leave that path. Someone who has learned a lesson from their mistakes is someone deserving of respect for the having the fortitude to change and grow. People respect hard work, they respect compassion, they respect those who contribute and provide for their families and community.

I believe we all know someone who has been affected to one extreme or another by this kind of activity. We have heard of or know those who have lost property, been injured, sexually assaulted or even killed as a result of this life style. We also know those who the drugs and alcohol have taken, victims of substance abuse. What will you do. What part can you play, to put an end to it in your community?

R. Felker



The Club would like to give a big THANK YOU to:
Much Appreciation & Love
Boys & Girls Club Staff

- Ms. Elisabeth-U of A Extension Agent
- BIA Truxton Canon Fire Agency
- George Walker
- Ms. Pearl Sullivan

Club News

The club has had a few new additions to our staff and we would like to **WELCOME** them to our club!

Tommie Hayes-Fonder-Teen Coordinator
 Henry Hunter-Program Instructor
 Brittany Hayes-Fonder-Education Coordinator

The club is joining First Lady, Michelle Obama's, active lifestyle program PALA, Presidential Active Lifestyle Award-Lets's Move in Indian Country. Club members are encouraged to be physically fit and explore healthy eating and workout habits. Club members will be moving this month to Taabo, Dancing, Hiking, Running and many more Fun and exciting activities!


MEMBER AND STAFF RECOGNITION

We would like to congratulate one of our members, Delilah Powskey for receiving the first member of the week award for the week of June 20th-24th, 2011. She is one member that shows passion and enthusiasm in everything that she does. And did I mention that her attitude is EXCEPTIONAL.


We would also like to congratulate Kix Strawbuck for receiving the Jr. Staff/L.I.T of the Week award for the week of June 20th-24th, 2011. Some thing that was said about him, is that he is always on time and ready to work, he does every task asked of him with a smile, and he is a great addition to the Peach Springs Staff.

Last but not least we would like to congratulate Brittany Hayes-Fonder, who is also our newest full-time staff at the Boys and Girls Club, for receiving the Staff of the Month Award for the month of June. Some comments that was said about her is that even though she is pregnant you can always find her preparing and participating in all of the activities in the Club. She is the perfect example of a Boys and Girls Club Employee.

CONGRATS TO ALL OF OUR AWARD RECIPIENTS!!!



BOYS & GIRLS CLUB
 OF PEACH SPRINGS

Member of the Week


S & GIRLS CLU
 OF PEACH SPRINGS


Delilah Powskey

Jr.Staff/L.I.T of the Week


BOYS & CLUB

Kix Strawbuck

Staff of the Month


BOYS & CLUB
 OF PEACH SPRINGS

Brittany Hayes-Fonder

Art Work provided by the Peach Springs Branch club members



From the Hualapai Nation Fire Department

Attention all community members, please be advised that we are under a Fire Restriction effective June 10, 2011 pursuant to the Tribal Ordinance Section 6.141.

This means we will not be issuing any burn permits for outside open flames, for cooking, heating source, debris burning or any other purpose which permits danger to the community at this time.

"Ceremonial purposes are the ONLY exception, i.e., Sweat Lodge & funeral purposes, pending approval of the Fire Department staff."

Please review FIRE RESTRICTION ORDINANCE attached:

If you have any questions you may contact Ron Quasula, Ava Bravo, Jim Schnabel or the firefighter staff at 928-769-2775 Monday thru Friday for additional information. Thank you.

Order Number _____

FIRE RESTRICTIONS
HUALAPAI INDIAN NATION

Effective June 10, 2011, pursuant to Hualapai Nation Tribal Ordinance Section 6.141, the following acts are **prohibited** within the specified boundaries of the Hualapai Reservation:

- No outside fires or open flame of any kind will be allowed for cooking, warming or any other purpose at any time.
- Fires in wood-burning stoves or chimneys are not permitted on **RED FLAG** days (winds exceeding 20 mph). All chimneys and stoves must be equipped with approved spark arrestors.
- Spark arrestors will be required on all motorized equipment operated on the reservation.
- Smoking, except within an enclosed vehicle or building, is prohibited.

Travel throughout the reservation:

- **Tribal members and affiliates** – Travel within the reservation will be permitted, as necessary, on paved and residential area roads and logging roads only for ceremonial purposes (acquiring brush, teepee poles, etc.)
- **Non-tribal members** – Travel is allowable on Route 18, although no stopping or parking along these roadways is permitted.

The use of firearms, fireworks or other pyrotechnic devices is prohibited at all times.


The following are exempt from this order:

- Personnel exempt from the above restrictions include federal and tribal employees, such as tribal resource managers and Bureau of Indian Affairs employees, while in the performance of their official duties.
- Cooking fires or bonfires for ceremonial purposes are pre-authorized if they are formally recognized by the Hualapai Tribal Council.

These restrictions are being implemented for public safety and because of **very high** fire hazard conditions on the Hualapai Indian Reservation. The Bureau of Indian Affairs Branch of Forestry in cooperation with the Tribal Law Enforcement, under the authority of Tribal Statutes, will enforce these restrictions.

This order becomes effective at 0800, June 10, 2011 and will remain in place until rescinded or superseded.


Chairman, Hualapai Nation

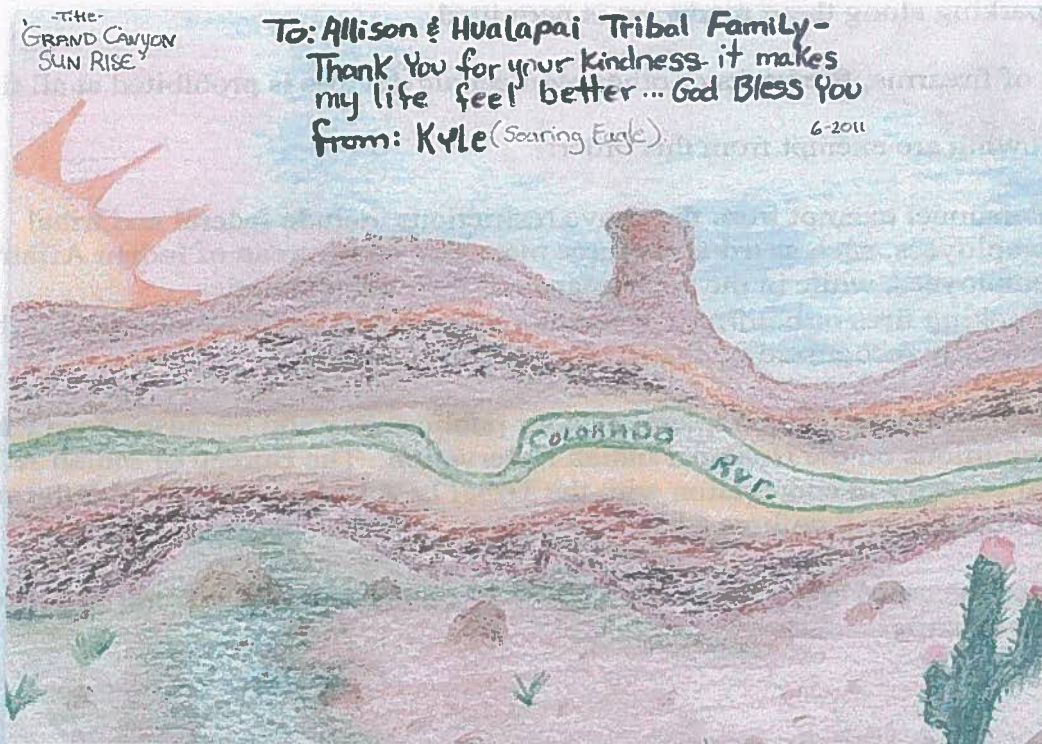

Superintendent, Truxton Canon Agency

- 1 -

For further information regarding these restrictions, please call (928) 769-3313. The Fire Prevention Technician or Wildland Fire Program Manager has delegated the authority to lessen or increase fire restrictions in recreational and residential areas as conditions warrant.

Hualapai Tourism reaches out to help a young boy in serious need of a reason to smile again

Kyle's wish was to visit the Skywalk at Grand Canyon West. He is a 13-year-old boy that was seriously traumatized by witnessing the brutal shooting in Tucson earlier this year. In June, the Caregiver Network and Hualapai Tourism made that dream a reality. Kyle, who is of Snohomish background, visited Grand Canyon West and met with multiple Tribal members including Hualapai Ambassador Wilfred Whatoname Jr. as seen to the right. By spending time with him, Wilfred offered spiritual calmness to him he has not had since the incident. He enjoyed the Highpoint Hike at Guano Point, the Native American Village at Eagle Point and even took a horseback ride at the Hualapai Ranch with the cowboys. Because of the Hualapai community, Kyle now has a reason to smile. Thank you!



HUALAPAI TOURISM



BEST AMERICAN
DESTINATIONS

*This has been submitted by Best American Destinations
Marketing and Public Relations for Hualapai Tourism*



Seligman Cemetery Cleanup News

Saturday, June 25th the community once again gathered to improve the cemetery! We focused on a new road, walkways and weeding. We were very thankful in having all the chat that was kindly delivered by the Public Works Department of the Hualapai Tribe. It was a very warm and windy day but our dedicated volunteers braved the weather and worked hard to get it done. Once again Lou Gum was on hand with his tractor and graded the new road and assisted in spreading out the chat and hauling off weeds and debris. Sandy Pritchett was on hand again with her heavy duty mower and delivered water later in the day to water the trees. We are very lucky to have the continued support of our volunteers and hope that more new volunteers will come out in October for our annual cleanup! Big thanks to Charlotte Lindemuth for always insuring we have lunch served so beautifully by the Red Hatters and supplying the tables and chairs from the library. Lunch was graciously donated by Westside Lilo's, Johnson's Travel Centers, Pope Enterprises, Shell Station, Brown and James Families and Hualapai

Lodge. Shades provided by the Seligman Booster Club.

Plenty was accomplished and a good time was had by all. Thank you to all that assisted, we appreciate your continued dedication to our cemetery—Hal Dyer, Sandy Pritchett, Sherri James, Kris and Donny Brown, Lou Gum, Carol Esse, Brian Johnson, Brenda Bryant, Charlotte Lindemuth, Ronnie Quasula Sr. and Cliff, Nancy and Kaitlin Echeverria. New to our group of volunteers we thank, Shirley Richards, Corrine and David DeGiacomo, Mike and Cassidy Edwards, Mary Mills, Cyndee Johnson, Gloria Schmidt, John Stoltzfus and John Rand Bryant. Also thanks to Cliff and Rosie Shaw for coming out the day before to assist in cleaning up! We all left with a great sense of accomplishment and pride!

A special shout out to Sandy Pritchett and Hal Dyer for all their hard work and efforts in working on the plotting of the cemetery and gaining more information to who is buried in our cemetery! Please contact them if you have any information on who is buried in the cemetery or any information on unmarked gravesites.

The Seligman Cemetery Committee was so happy to see the continued commitment to improving our community cemetery. We now have a map of the cemetery and have all the remaining plots noted. Be sure to contact Sandy or Hal to purchase a plot. We have sold 10 plots so far! Please understand that you must contact Sandy or Hal to set up all burials in the Seligman Cemetery. We will be at the block party during Seligman Days with all the information. Our next meeting will be Wednesday, September 14th at 6pm at Westside Lilo's. We will be setting the date for the October Cleanup, so plan now to keep a Saturday open in October to come out and lend a helping hand!

You can get more information on the cemetery by visiting www.seligmanazchamber.com. You can reach Hal Dyer at 928 830 4742 or Sandy Pritchett at 928 303 5221 for opening the gates or burials.

Chaparral Apartment

980 Kenwood
Kingman AZ 86409
(928) 757-7940

June 28th 2011

Hualapai Tribal Council
P.O. Box 179
Peach Springs, AZ 86434

RE: Introducing the availability of Chaparral Apartments in Kingman, AZ

To Whom It May Concern:

Chaparral Apartment is a government loan property. We are currently accepting applications for our 1-bedroom apartments. We are an Elderly complex, defined by the government as 62 years or older or handicap or disabled. Rent is based on household income. Rent ranges from \$600 to \$687.00. We run a credit and criminal history report.

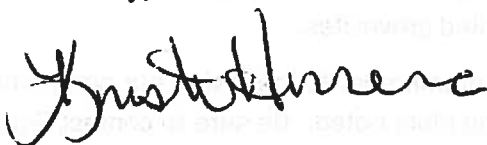
Rental Assistance subsidy is given all 20 units. Tenants on Rental Assistance pay 30% of their adjusted income less a utility allowance.

We have a laundry room and social room on site for the convenience of our tenants.

Applications may be picked up at our office a 980 Kenwood, or at the Cimarron Office at 1050 Beverly in Kingman Arizona. You may also call for more information at (928) 692-0626.

We would appreciate it if you would post this on your bulletin board. Thank you.

Sincerely,



Kristi Herrera
Site Manager

EQUAL HOUSING OPPORTUNITY PROVIDER

"In accordance with federal law and the U.S. Department of Agriculture's Policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability. (Not all prohibited bases apply to all programs.) To file a complaint of discrimination, write to: USDA, Director, office of Civil Rights, 1400 Independence Avenue, S.W., Washington D.C. 20250-9410 or call 800-795-3272 (voice) or call 202-720-6382 (TDD)."

EMPLOYMENT OPPORTUNITIES

UNIVERSITY OF ARIZONA
MOHAVE COUNTY COOPERATIVE EXTENSION
EXTENSION PROGRAM ASSISTANT
Peach Springs / Hualapai Nation Office

MINIMUM QUALIFICATIONS: One year of instructional leadership, volunteer development or community organization experience; OR, any equivalent combination of experience, training and/or education. Possession of a current Arizona Type D driver's license upon employment.

PREFERRED QUALIFICATIONS: High school diploma or GED, basic knowledge of the Hualapai Tribal government. Fluency in speaking the Hualapai language, one year of secretarial/clerical experience.

To apply, please complete an on-line application for Job #47750 at www.uacareertrack.com. Be prepared to attach a resume and a letter of interest. Review of materials begins Wednesday, June 15, 2011 and continues until filled.

The University of Arizona is an EEO/AA Employer - M/W/D/V.

Education & Training information

Once again, the Hualapai Tribe will be hosting a Graduation Dinner to honor all graduates of 2011. You, as the graduate will be invited, turn in a copy of your diploma and CIB or Tribal ID to the Hualapai Education Office, ASAP - (928) 769-2200.

This will include the following: College, Vocational School, High School, General Equivalency Diploma & Junior High.

Ga Nyum: July 14, 2011

Nya gal wim: 5:30 p.m.

Ge'e: Multi-Purpose Building

Stipends will be handed out at this time, if you haven't already received one, provided you turn in a copy of your diploma and tribal ID.

Han ky! Di nyud u:k mi wi:d me',

Helen J. Watahomigie

Gwe Spo:ja Yiwo

P.O. Box 179, Peach Springs, AZ. 86434

GRADUATE STIPEND FY 2008

Doctorate (PhD)	\$3,000.00 x 2	\$6,000.00
Master's Degree	\$2,000.00 x 4	\$8,000.00
Bachelor's Degree	\$1,500.00 x 4	\$6,000.00
Associate's Degree	\$1,000.00 x 8	\$8,000.00
Vocational School	\$300.00 x 16	\$5,000.00
High School Diploma	\$100.00 x 25	\$2,500.00
General Equivalency Diploma	\$75.00 x 25	\$1,875.00
Jr. High	\$50.00 x 30	\$1,500.00
Graduate Dinner		\$3,000.00
Total		\$41,875.00

Requirements for Graduate Stipend

To be eligible for a stipend, the candidate must be:

1. An enrolled Hualapai tribal member
2. Award recipient will be decided upon by the Hualapai Education Committee
3. Stipend will be awarded to each student only once at each level
4. Stipend will be awarded for current school year only
5. Enrolled in an accredited school/training
6. Recommendations will be made by the Hualapai Education Program Coordinator 45 days from time of graduation or completion of the school/training
7. Awards will be presented to all recipients at the completion of the school year. This will occur during the annual Graduate

The Hualapai Tribe proudly invites you to a Graduation Dinner

For all Tribally enrolled Graduates of 2011

*College
Vocational School
High School
General Equivalency Diploma
Junior High*

Ga nyum: July 14, 2011

Nya gal wim: 530 p.m.

Ge'e: Multi Purpose Building

Please RSVP by July 7, 2011, as you the graduate are invited to bring along two guests.

*Your prompt response to the following will be appreciated
Hualapai Education & Training 928 769-2200*

Please submit a copy of your diploma & tribal ID to be eligible for the incentive to the Hualapai Education office, asap.

Dinner hosted by the Department of Hualapai Education & Training/Education Committee on July 14, 2011 (tentative date).

Definition

Vocational school, provide vocation education, also referred to as trade school or career college, and are operated for the purpose of giving students skills needed to perform a certain job or jobs. Vocation schools job-specific skills, devoted to training, not education.

Health & Safety Information

Climb to Conquer Cancer
Saturday, July 16th
6 AM - 9 AM




**Join our team to help
 raise money to conquer Cancer!**

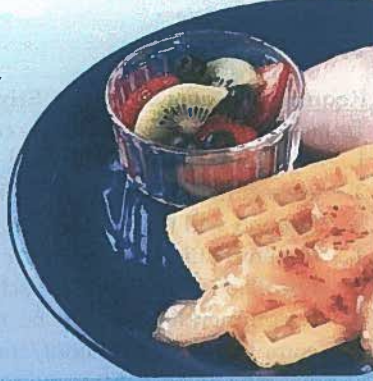
**To join, go to
www.seligmanclimb.com**

**Click on "join team"
 Select "Walapai Walkers"
 Fill out information!**

**Those who join Walapai Walkers and complete
 the climb will receive a "I Did the Climb" T-Shirt
 from Grand Canyon Resort Corporation!**



Power BREAKFAST Ideas

<p>Rice Pudding Mix leftover rice, low-fat yogurt, dried fruit, nuts, and cinnamon.</p>	<p>Fruit Salad Mix fruit with low-fat yogurt or cottage cheese.</p>
<p>Pita Pizza Fill pita bread with your favorite low-fat cheese, cooked lean meat, and vegetables. Heat in microwave.</p>	<p>Hot Fruit Top canned or fresh fruit with brown sugar and nuts. Heat in oven or microwave.</p>
<p>Egg Burrito Fill a soft flour tortilla with scrambled eggs, boiled potato, refried beans, or salsa.</p>	<p>Hot Cereal Use quick-cooking oats and add dried or fresh fruit, nuts, and brown sugar, or add low-fat cheese or soft margarine to grits instead of butter.</p>
<p>Waffles, Pancakes, French Toast Try ready-made items that can be toasted or microwaved.</p>	
<p>Sandwich Roll-up Try peanut butter and banana or jelly on a flour tortilla.</p>	



Peach Springs Health Center

New Changes

There have been some new changes at Peach Springs Health Center since April. The changes will improve the way you receive your care.

In an effort to better serve patients, our goal is to go to an appointment only system. The following guideline will help reduce your wait time and improve the patient care system.

Clinic will now be open on Thursday mornings

Beginning July 7 & 14, 2011 clinic will be open at 10:00 A.M. and 8:00 A.M. every Thursday after.

**There are same-day appointments available, to schedule a medical appointment call 769-2920
and to schedule a dental appointment call 769-2903
For medication refills call 769-2992**

Emergencies are defined as:	Conditions and Needs Requiring an Appointment
High Fever (101 or greater)	Medication refills
Children with fevers, ear aches, or a bad cough	Follow-up appointments
Abdominal pain	Routine shots
Shortness of breath	Cold symptoms: If your cold has not improved
Chest pain	Well Child exam/Immunizations
Injury within 24 hrs, including sprains, strains and lacerations	School or employment physicals
Any infected-appearing wound	Routine dressing change
Severe pain	Diabetic check-ups
Asthma attack with wheezing or difficulty breathing	Lab reviews
	Suture removal
	Well woman exam
	Injuries greater than 24 hours old
Emergencies will be screened by a Nurse.	

To improve the amount of wait time for your scheduled appointment:

- Check in for your appointment at least 15 minutes early
- If you are unable to keep your **medical** appointment please call 769-2920 to reschedule or if you are unable to keep your **dental** appointment please call 769-2903

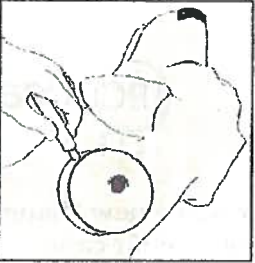
Walk-ins will be seen on an emergency basis only.



Protect Your Family From **Rocky Mountain Spotted Fever**

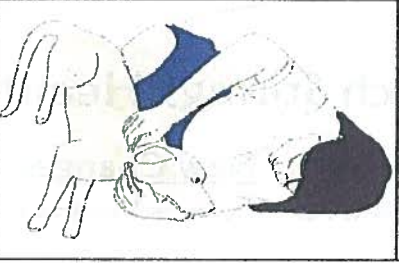
Get Rid of Ticks on Dogs

Dogs carry ticks. Ticks can spread Rocky Mountain spotted fever. You can get ticks from your dog. A tick bite can make you sick. To help you and your family stay healthy, get rid of ticks on dogs.



Two of the ways to get rid of ticks on dogs are by using a tick collar or putting on tick medicine.

Place tick collars on all of the dogs that are in your yard. Get each dog a new collar every 3 months or as often as directed on the package.



OR

Put tick medicine onto the back of all of the dogs in your yard. Put another dose of medicine on each dog every month.

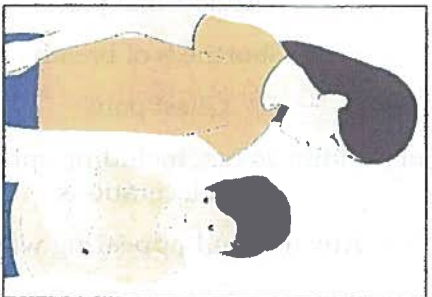


Hualapai Animal Control
P.O. Box 179 Peach Springs, AZ
Office: (928) 769-2205

Protect Your Family From Rocky Mountain Spotted Fever!

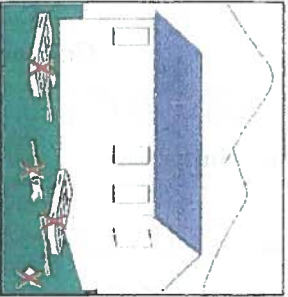
Get Rid of Ticks on People

When you are outside or touching dogs you might get a tick. After you come inside check your body and your child's body for ticks and take them off.



Get Rid of Ticks in Your Yard

Ticks live in the things you leave outside such as old mattresses. Don't give ticks a home. Take trash and old mattresses from your yard to the landfill. Some yards may also need treatment with a chemical that kills ticks.



Contact a Doctor or Nurse

Rocky Mountain spotted fever is a disease that is spread by ticks. A person who has Rocky Mountain spotted fever would have a fever and sometimes a rash.

Call your doctor or public health nurse if you or your child:

- **Get a fever or rash**

AND

- **Have been outside or touching dogs**



For more information on Rocky Mountain spotted fever:
Arizona Department of Health Services
Tel: (602) 364-4552
<http://www.azdhs.gov/phioctivector/>



Helping Your Overweight Child



Weight-control Information Network

Healthy eating and physical activity habits are key to your child's well-being. Eating too much and exercising too little can lead to overweight and related health problems that can follow children into their adult years. You can take an active role in helping your child—and your whole family—learn healthy eating and physical activity habits that can last for a lifetime.

Is my child overweight?

Because children grow at different rates at different times, it is not always easy to tell if a child is overweight. If you think that your child is overweight, talk to your health care provider. He or she can measure your child's height and weight and tell you if your child is in a healthy range.



How can I help my overweight child?

Involve the whole family in building healthy eating and physical activity habits. It benefits everyone and does not single out the child who is overweight. *Do not put your child on a weight-loss diet unless your health care provider tells you to. If children do not eat enough, they may not grow and learn as well as they should.*



Be supportive

- Tell your child that he or she is loved, is special, and is important. Children's feelings about themselves often are based on their parents' feelings about them.
- Accept your child at any weight. Children will be more likely to accept and feel good about themselves when their parents accept them.
- Listen to your child's concerns about his or her weight. Overweight children probably know better than anyone else that they have a weight

problem. They need support, understanding, and encouragement from parents.

Encourage healthy eating habits

- Buy and serve more fruits and vegetables (fresh, frozen or canned). Let your child choose them at the store.
- Buy fewer soft drinks and high fat/high calorie snack foods like chips, cookies and candy. These snack are OK once in a while, but keep healthy snack foods on hand too and offer them to your child more often.
- Eat breakfast every day. Skipping breakfast can leave your child hungry, tired, and looking for less healthy foods later in the day.
- Plan healthy meals and eat together as a family. Eating together at meal times helps children learn to enjoy a variety of foods.
- Eat fast food less often. When you visit a fast food restaurant, try the healthful options offered.
- Offer your child water or low-fat milk more often than fruit juice. Fruit juice is a healthy choice but is high in calories.
- Do not get discouraged if your child will not eat a new food the first time it is served. Some kids will need to have a new food served to them 10 times or more before they will eat it.
- Try not to use food as a reward when encouraging kids to eat. Promising dessert for a child for eating vegetables, for example, sends the message that vegetables are less valuable than dessert. Kids learn to dislike foods they think are less valuable.
- Start with small serving and let your child ask for more if he or she is still hungry. It is up to you to provide your child with healthy meals and snack, but your child should be allowed to choose how much food he or she will eat.

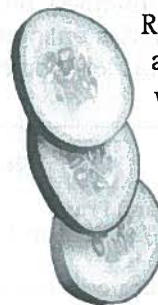
Healthy snack foods for your child to try:

Fresh fruit

Fruit canned in juice or light syrup

Small amounts of dried fruits such as raisins, apple rings, or apricots

Fresh vegetables such as baby carrots, cucumber, zucchini, or tomatoes



Reduced fat cheese or a small amount of peanut butter on whole-wheat crackers

Low-fat yogurt with fruit

Graham crackers, animal crackers, or low-fat vanilla wafers

Foods that are small, round, sticky, or hard to chew, such as raisins, whole grapes, hard vegetables, hard chunks of cheese, nuts, seeds, and popcorn can cause choking in children under age 4. You can still prepare some of these foods for young children, for example, by cutting grapes into small pieces and cooking and cutting up vegetables. Always watch your toddler during meals and snacks.



Encourage daily physical activity

Like adults, kids need daily physical activity. Here are some ways to help your child move every day:

- Set a good example. If your children see that you are physically active and have fun, they are more likely to be active and stay active throughout their lives.
- Encourage your child to join a sports team or class, such as soccer, dance, basketball or gymnastics at school or at your local community or recreation center.
- Be sensitive to your child's needs. If your child feels uncomfortable participating in activities like sports, help him or her find physical activities that are fun and not embarrassing.
- Be active together as a family. Assign active chores such as making the beds, washing the car, or vacuuming. Plan active outings such as a trip to the zoo or a walk through a local park.

Because his or her body is not ready yet, do not encourage your pre-adolescent child to participate in adult-style physical activity such as long jogs, using an exercise bike or treadmill, or lifting heavy weights. **FUN** physical activities are best for kids. Kids need a total of about 60 minutes of physical activity a day, but this does not have to be all at one time. Short 10- or even 5-minute bouts of activity throughout the day are just as good. If your children are not used to being active, encourage them to start with what they can do and build up to 60 minutes a day.

Discourage inactive pastimes

- Set limits on the amount of time your family spends watching TV and videos, and playing video games.
- Help your child find **FUN** things to do besides watching TV, like acting out favorite books or stories, or doing a family art project. Your child may find that creative play is more interesting than television.
- Encourage your child to get up and move during commercials and discourage snacking when the TV is on.

Be a positive role model

Children are good learners and they learn what they see. Choose healthy foods and active pastimes for yourself. Your children will see that they can follow healthy habits that last a lifetime.

Find more help

Your health care provider

Ask your health care provider for brochures, booklets, or other information about healthy eating, physical activity and weight control. He or she may be able to refer you to other health care professionals who work with overweight children, such as registered dietitians, psychologist and exercise physiologists.

Weight-control program

You may want to think about a treatment program if:

- You have changed your family's eating and physical activity habits and your child has not reached a healthy weight.
- Your health care provider has told you that your child's health or emotional well-being is at risk because of his or her weight.

FUN physical activities for your child to try:



- ✓ Riding a bike
- ✓ Climbing on a jungle gym
- ✓ Swinging on a swing set
- ✓ Jumping rope
- ✓ Playing hopscotch
- ✓ Bouncing a ball

Heart Healthy Foods: Shopping List

Vegetables and Fruits

Choose vegetables and fruits in different color. Buy them in season to save money.

- ☐ Fresh vegetables such as tomatoes, cabbage, broccoli and spinach
- ☐ Leafy greens for salads
- ☐ Canned vegetables low in sodium (salt)
- ☐ Frozen vegetables without added butter or sauces
- ☐ Fresh fruits such as apples, oranges, bananas, pears and peaches
- ☐ Canned fruit in 100% juice, not syrup
- ☐ Dried fruit
- ☐ Frozen berries without added sugar

Milk and Milk Products

Look for fat-free or low-fat milk products

- ☐ Fat-free or low-fat (1%) milk

- ☐ Cheese (3 grams of fat or less per serving)

- ☐ Fat-free or low-fat yogurt

Breads, Cereals and Grains

Look for whole-wheat or whole-grain as the first ingredient listed on the label

- ☐ 100% whole-wheat bread
- ☐ Whole-grain breakfast cereals such as oatmeal
- ☐ Grains such as brown rice, barley and bulgur
- ☐ Whole-wheat or whole-grain pasta
- ☐ Popcorn

Meat, Beans, Eggs and Nuts

Choose lean cuts of meat and other foods with protein

- ☐ Seafood
- ☐ Chicken and turkey breast without skin
- ☐ Beef, round, sirloin, tenderloin, extra lean ground beef
- ☐ Pork; leg, shoulder, tenderloin

- ☐ Beans, lentils, dried peas
- ☐ Eggs and egg substitutes
- ☐ Nuts and seeds

Fats and Oils

Cut back on saturated fat and look for products with no trans fats

- ☐ Margarine and spreads (soft, tub or liquid) with no trans fats

- ☐ Vegetable oil (canola, olive, peanut or sesame oil)
- ☐ Non-stick cooking spray
- ☐ Light or fat-free salad dressing and mayonnaise

For client/patients that have complicated medical conditions and may have had trouble in the past finding health insurance because of a pre-existing health problem the federal Pre-Existing Condition Insurance Plan (PCIP) may be able to offer some help since the premiums for the Plan will drop by 40% in Arizona beginning July 1. Beginning July 1 patient/clients can simply provide a letter from a doctor, physician assistant, or nurse practitioner (dated within the last year) stating that they have (or had) a medical condition, disability, or illness. Applicants won't need to wait for an insurance company to send them a denial letter after July 1.

The new monthly premiums for the Arizona "Standard" plan will range from \$104/month for people 0-18 years old to \$334/month for people over 55. Applicants approved to participate will be able to choose among 3 plan options, with different levels of premiums, calendar year deductibles, prescription deductibles and prescription co-pays. There's a lot more to the plan than the rates so interested patient/clients should go to the [Pre-existing Condition Insurance Plan Website](#) and can Apply on the HHS web site.

Examples of patient/clients that might be interested include Non Title XIX (non-Medicaid) behavioral health patients, children with special healthcare needs, patients living with HIV that don't qualify for the AIDS Drug Assistance Program etc.

WHAT'S MY A1C?

The A1C is a blood test you get at the doctor's office or health clinic. It shows:

- Your average blood sugar level for the last 3 months
- Your risk (chance) of having other health problems because of diabetes

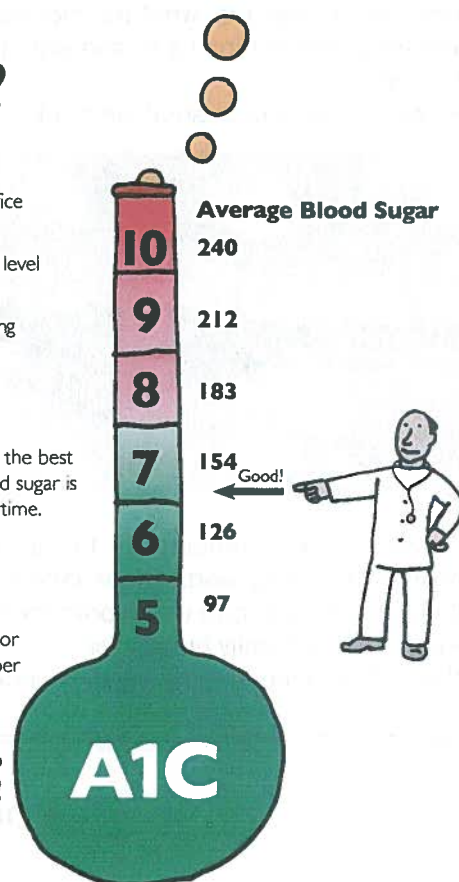
Why do I need it?

Your A1C test results are the best way to know if your blood sugar is under good control over time.

What is a good A1C number?

7 or lower. You and your doctor or diabetes educator will decide the A1C number (goal) that is best for you.

**Be your BEST,
Get the TEST!**



Provided as a FREE educational service by www.learningaboutdiabetes.org.
© 2006 Learning About Diabetes, Inc. All rights reserved. Rev. 12/2008



THE PIMA INDIANS

CHOOSING GOOD FOOD



The desert that surrounds the Bapchule home of one man who has lived with diabetes for many years is quiet and serene. Nothing punctuates the silence during a September afternoon visit except the occasional barking of the family's two friendly dogs, who nose gently at visitors before flopping in the shade of the palo verde trees near the house.

He talks quietly about the children he and his wife raised, about the house they built with the help of her Tohono O'odham relatives on the Gila River Indian Reservation, and about how he decided to change his diet for better health.

Both his parents had diabetes. Three brothers died from it. Another brother is on dialysis because of kidney disease. This Pima man remembers being diagnosed with diabetes while still in his twenties. "I didn't really notice it at first," he says softly. "I was young."

Twenty years later, however, he had to take notice. He had developed diabetic neuropathy, a complication of diabetes that affects the nerves and makes wounds slow to heal. His left leg had to be amputated in 1985 because

of it.

He had to retire from the farm labor he had done all his life. Eventually, he developed kidney problems. Told that he would have to go on dialysis, he and his wife met with a dietician.

"I just did what she told us," he says simply. "When I had another appointment with the kidney doctor at the hospital, he looked at my chart and said, 'What did you do? You don't need to go on that machine yet,'" he adds with a wide smile.

What he did was just what the dietician told him to do, he says. "I had to give up just about everything I ate, and watch amounts. Everything, everything, was really reduced."

He eats meat, but in small amounts: "Like they told me, put two fingers together, and just that much," he gestures.



"Two bites!," he adds, laughing. He learned to fill up on rice and lots of vegetables, and to use other tips from the dietician to control appetite and eat healthier foods.

"The first three months I'd really get hungry between meals, but the dietician told me to just get a snack mid-morning, mid-afternoon-something light, like an apple. I kept on doing that, and now I don't have to. I got used to it," he explains.

He can smile about it because the rewards have been good. He went from weighing 250 pounds to a trim leanness. His blood sugar, which had registered 235 or 250, tested normal-around 90. "Oh, I feel great whenever I just sit back and think about it. It just feels great," he says with satisfaction.

Despite his quiet personality, this is obviously a man who doesn't give up. His wife's help has been essential-she buys all the food, reads all the labels, and does all the cooking.

It was hardest to give up favorite foods like fried bread and beans, he admits, and sometimes he has eaten it when he was "really hungry for it." For those occasions, his wife uses light oil, which reduces the fat.

"I didn't know controlling my diet would really make such a difference, but it sure did," he says finally.



Hualapai FOOD HANDLER TRAINING - 2011 Multi-Purpose Building

MONTH	DATE	TIME	INSTRUCTOR
August	Aug 11	10:00 a.m. - 12:00 p.m.	David
October	Oct 13	5:00 p.m. - 7:00 p.m.	David

If you have any questions regarding the Food Handler's schedule for the Peach Springs area, feel free to contact -

*Elizabeth Krause, Administrative Assistant; Office of Environmental Health & Engineering
PHS Indian Health Services / Parker Indian Health Center / 12033 Agency Road / Parker, AZ 85344
(928) 669-3180*

Community Messages

Sonwai,

Little girl, having you for a daughter has been one of life's greatest gifts. For all you've been, for all you are, and for all you're yet to be. Never forget how LOVED you are. HAPPY BIRTHDAY! LOVE, Mom, Dad and everyone else!

